



ANCASTER LIONS VOLLEYBALL CLUB

Return to Play 2020-21

While we make plans to return to play, we want to keep our Mission and Philosophies at the core of what we do. The safety of our athletes, coaches, volunteers, and parents is supremely important. It is also important that we follow and mandate any government protocols that are laid out for us as well.

Ancaster Lions Volleyball Club's Mission:

ALVC provides an environment where kids learn to love volleyball and play the game well.

Ancaster Lions Volleyball Club's Philosophies:

Our club embraces core values of sportsmanship, development, and achievement. Our goals are to:

- provide an environment where kids learn to love volleyball;
- to create and maintain an environment that is conducive to skill development and achievement so kids can learn to play the game well; and
- to foster a positive atmosphere of respect, trust, integrity, and honesty.

Measures To Keep Our Club Safe:

- Fill out the Risk Management forms provided by OVA;
- Follow protocols put out by the OVA;
- Follow protocols put out by the facilities that we will be entering; and
- Sign waivers informing members of the COVID-19 outbreak - while we will do our part to keep people safe, we can not guarantee they will not get sick.

Measures To Keep Athletes Safe:

- If you feel sick, have a fever, persistent cough, or have been in contact with someone who has COVID-19 – stay home!
- Come prepared to practice. Think of it as the OVA is phrasing it; **“Get In, Train, Get Out.”** Change rooms will not be open so come dressed ready to practice!
- Practice social distancing when entering the building and follow the arrows to assure right flow of traffic
- Limit the amount of people in the gym at one time – this may mean that parents will have to remain in their cars (for our younger players, 1 parent allowed in)

- Sanitize hands before entering the building, **bring your own water bottle filled with water** – this will limit the amount of times needed to go to the water fountain
- Wash hands every ½ hour to 1 hour. Three at a time or however many sinks are offered in bathrooms. Using hand sanitizer is highly recommended to prevent using sinks.
- Sanitize hands at the end of practice
- Practice social distancing while leaving the gym and facility.

Measures to Keep Coaches Safe:

- If you feel sick, have a fever, persistent cough, or have been in contact with someone who has COVID-19 – stay home!
- Practice social distancing when entering the facility;
- Sanitize hands before entering;
- Bring your own water bottle filled with water; and
- Bring a limited amount of volleyballs to practice – 6.

Before Practice Starts:

Each coach or designate will have to ask health screening questions to each athlete. These questions are given to us by the OVA.

At the End of Practice:

- Coach or designate will spray each volleyball with the disinfectant and evenly wipe the surface;
- Sanitize hands before leaving; and
- Leave the gym through the exit door while social distancing. Please refrain from mingling in the hallway/parking lot. Drive safely home.

If Someone Becomes Sick:

- That person will need to inform the coach of the sickness.
- If there are COVID-19 symptoms or if an athlete has tested positive for Covid-19, practices may take a 2-week break in hopes of limiting the sickness to others. ALVC will follow OVA guidelines and Public Health guidelines should we come into contact or have a player with Covid-19;
- The coach or administration will inform the team of the plan and why they will not be practicing;
- If another team has practiced before/after/same time, that team will also be informed by the coach – who will then inform their own team of the 2-week break; and
- A doctor's note will need to be provided stating that the athlete is clear to resume play if that player has had Covid-19.

Familiarize yourself with these links to be as prepared as you can:

[Public Health Hamilton](#)
[Ontario Covid-19 Information](#)

Refer to the OVA website to learn even more about Return to Play Protocols:
www.ontariovolleyball.org

NEW REGISTRATION SYSTEM for OVA

The OVA is introducing a new online registration system for members beginning September 14, 2020. The new Membership Registration System (MRS) will replace the existing National Registration System (NRS) and will be the primary source for OVA membership, tournament and event registration.

Please Note: NRS account data **will not** be transferred over to the new system in order for the launch of the MRS to start with clean data.

The new MRS will provide OVA members with an upgraded interface and improved functionality for an enhanced experience while introducing some new changes.

For athletes, such changes and implications include:

Club Training/Tryouts

- Athletes must register in MRS using their own email address as their User ID, not their parent's, **prior to attending any Club training or tryouts.**
- An athlete must register as a tryout player if they have not re-signed with a team from 2019-2020. The tryout player role is a free membership. The athlete does not need to pay anything.
- Clubs will no longer be permitted to create profiles for athletes in the 2020-2021 season. This is a directive to comply with Rowan's Law legislation regarding concussion education and prevention. As such, all waivers of liability and code of conduct acknowledgement forms must be completed by the participant and their parent/guardian (if under 18 years of age) – not the Club – **prior to attending tryouts.**
- Once a tryout player is selected for a team they will need to upgrade to a paid membership.
- If an athlete has re-signed with a club, they will need to register in MRS **prior to attending any Club training** in order to complete the waivers and Rowan's Law forms.

Competitions

- For the 2020-21 season, athletes do not have to pay for a full competitive membership until the first event is offered by the OVA. Athletes still have to register in MRS prior to attending Club training, but they can do so under a recreational membership until there is more certainty of the upcoming season. A recreational membership fee is \$12.91 (\$7.00 +HST OVA fee plus \$5.00 Volleyball Canada fee).

- Athletes must upgrade their membership to a full competitive role prior to the first OVA competition. Clubs and athletes can discuss who will pay for the membership upgrade.

Proof of Age

- Athletes must upload their own proof of age document to MRS at the time of registration. Once uploaded, the proof of age document will live in the athlete's account, eliminating the requirement to re-upload every season.

The MRS online registration link will be located on the OVA's [Become a Member](#) page along with a series of How-To guides to help members navigate the new system. Questions about the MRS have been included in the OVA's [August 17th Town Hall FAQ](#) and additional information can be found in the [2020-21 What's New document](#).

I acknowledge that I have read the document above.

For athletes/parents:

Athlete's signature (if 18 or older)

Parent's signature (if athlete is under 18)

Date signed:

For coaches:

Coach's signature

Date signed: